

heat and moisture, and indicates what cooking processes give best results in retaining nutritive principles in most digestible form.

Cookery for Invalids.—This course gives special attention to the food and diet of the sick and invalids. Instruction and laboratory practice are included.

Housewifery.—This course furnishes instruction and practical work in the care, cleaning, and order of the household. The cleansing processes, materials, and appliances are considered and practice is provided.

Principles of Nursing.—This course deals with the principles of science which are fundamental to the art of nursing, the practical procedures of the sick room and the appliances of nursing.

Social Economy.—There are various courses under this heading treating of social and industrial problems, of the causes of poverty and sickness, and of the various institutions for their prevention and relief.

THE OLDEST HOSPITAL TRAINING SCHOOL IN AMERICA

FROM WHICH MISS LINDA RICHARDS GRADUATED

By EMMA E. BUTLER

Secretary of the New England Hospital, Roxbury

I HAVE read with much interest the announcement of the retirement of Miss Linda Richards from active nursing work. She merits all the praise given her. The first nurse in America to step out into the world with a diploma in her hand, she has bravely led the large company following, demanding always, as her life work shows, the highest ideals, the most faithful service.

Will not a word about the hospital which had the honor to grant her that diploma be of interest to readers of the JOURNAL? There are other reasons, I think, why it merits their attention. The training school of that hospital is *the oldest training school* in America, and is to-day among the most successful ones. It owes its birth to the thought of a wise gifted woman, and its development has been almost wholly due to woman's ability and judgment.

Just fifty years ago Dr. Marie E. Zakrzewska, a German by birth, who in the new world sought the recognition of her ability which the old world had refused, was called to the chair of obstetrics in the Boston Female Medical College.

At her suggestion a small hospital for clinical work was opened by the college, largely for the purpose of instructing students and training nurses. From the hospital report of 1859-1860 I quote the following: "We early expressed the hope *to receive* and *instruct* women desirous *to be trained* for nurses. This hope we still cherish. We have had as yet but *one* application in this department." Later on, we find that eventually six nurses entered and were trained.

At just that time the call of the Civil War for skilled nurses helped to convince people of the need of special training for that work as well as for any other.

A little group of thoughtful earnest women in Boston felt that the time had arrived for the woman physician and the properly trained nurse. As a result, in a small building, in a poor part of the city, the "New England Hospital for Women and Children" was organized, and Dr. Zakrzewska was called to its head, its avowed purpose being: "(1) To provide for women medical aid of competent physicians of their own sex; (2) to assist educated women in the practical study of medicine; (3) to train nurses for the care of the sick."

During these first years under the direct supervision of Dr. Zakrzewska thirty-two nurses were trained. She was a strict disciplinarian and her German ideas of faithful thoroughness insured for the nurses the best practical training.

The hospital grew rapidly and in 1872 was removed to a large new building in Roxbury, a suburb of Boston. Here, with ample accommodations, it was possible to reorganize the training school, and under the supervision of Dr. Susan Dimock, a young physician of unusual talent, the school assumed something of its present form. The course was lengthened from six months to one year. Lectures were regularly given by Dr. Zakrzewska. Nurses received \$1.00 a week for the first six months, \$2.00 for the next six, and \$3.00 if they were willing to remain four months longer. This was not as payment for services, merely a "living fund." The requirements were a "simple calico dress and felt slippers." Then for the first time diplomas were given and Miss Linda Richards received the first one.

To-day the hospital has a large medical and surgical staff, all women physicians, a consulting staff from among the leading specialists of Boston, a resident physician, seven internes gaining practical knowledge before going out into the world, and a school of forty nurses, not including superintendents and probationers. There were treated in the hospital last year 1290 patients; the number of children was 204, and there were 567 births in the maternity.

Constant growth has called for new buildings, and grouped about the first medical building stand a large modern surgical pavilion, an up-to-date maternity, while a new nurses' home is nearing completion. In a crowded, poor part of the city, the Pope Dispensary, a branch of the hospital, aids the suffering and gives practical insight to internes and nurses in that important part of their work.

Is not this a goodly showing of woman's work, in a field in which nature has fitted her best to serve by bringing comfort and relief to the sick and suffering?

Fifty years ago a little company of brave women was fighting for the right to serve, and to-day the woman physician is a blessing throughout the land.

Fifty years ago a struggling training school stood alone with its one lone pupil desiring to be taught—to-day there are schools in every section of the country and trained nurses ready to meet every demand.

A PLEA FOR THE PROFESSION OF PRIVATE NURSING

By HELEN C. CLAXTON

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WE have every reason to believe, from the strides that this new profession of ours has already made, that the time is not far distant when arrangements will be made to regulate the hours on duty and render them more suitable to the class, education, and character of the woman now demanded for the profession. Sarah Gamp and superficial nursing are things of the past, but there still remain the prolonged hours of duty which were considered fitting for those days, but that now simply make it a physical impossibility for the nurse to turn her advanced training and knowledge to the best practical account.

The question how the private nurse shall meet the demands of the public is a complicated one, and, as things are now, the lack of a supply of nurses during the summer months is only one of many difficulties that we have to deal with.

It would seem that so long as the private nurse has to remain on duty from twelve to twenty-four hours a day she will have to take long holidays, and these during the hot months of the year, because her duties are so protracted that she can only accomplish them during those periods of the year that are favorable to work.

Would it not be better for both the public and the nurse if the